Following Your Botox® Treatment

- Do NOT rub, touch or massage the treated area(s) for 4 hours after treatment. We want the Botox to stay in the muscle in which it was injected and not migrate elsewhere.
- Do NOT lie down for 4 hours after treatment. Remain upright.
- Do NOT perform any strenuous activities involving straining, heavy lifting, or vigorous exercise for for the remainder of the day. Unfortunately, these activities could result in bruising, premature metabolism of the Botox and, in rare cases, migration of the Botox. Light activity is permitted.
- Do NOT receive any facials, microdermabrasion, laser treatments, PRP micro-needling, or chemical peels for at least 10-14 days following treatment.
- Do NOT schedule same day massage therapy, physiotherapy or chiropractic treatment.
- Avoid extensive sun/heat for at least 72 hours after your treatment. Remember to wear sunblock (SPF 30 or higher) whenever you are out in the sun.
- Do NOT apply make-up for at least 4 hours following treatment. You may gently wash your face with a mild cleanser and water after 4 hours.

Follow-up appointments are to be booked <u>2</u> weeks post injection to assess results and response to treatment.

Results may start to be seen within the next 2-3 days. However, the full result may take up to 10-14 days to be seen. Effects may last 3-4 months, but can be shorter or longer.

If the desired level of correction has not occurred by 2 weeks, additional Botox treatment may be required.

Immediately after treatment there may be discomfort, redness, bruising, swelling, tenderness, and/or itching near the injection site. This is normal (temporary) and generally disappears within a few hours to a few days. **Please contact the clinic if side effects persist beyond one week.**

If you are experiencing an URGENT medical emergency such as anaphylaxis, shortness of breath or severe swelling, please call 911 immediately.

We can be reached at: **519-266-3642** or **beautywithin@sclondon.ca**